

BLOCK & NATION, P.A. FAMILY PRACTICE

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FACTORS THAT PRECIPITATE MIGRAINES AND HEADACHES

Common

Stress and worry
Menstruation
Oral contraceptives
Glare and dazzling lights
Physical exertion and heavy lifting
Fatigue, physical or mental
Lack of sleep
Noise
Hunger
Head trauma
Weather changes and high winds
Ambient temperature change
Foods and beverages on the diet list below

Less Common

High humidity
Excessive sleep or change in sleep schedule
High altitude exposure
Excessive vitamin A
Drugs: Nitroglycerin, histamine, reserpine,
hydralazine, estrogen,
corticosteroid withdrawal
Prolonged focusing on T.V. and computer screens
Cold foods
Reading
Refractive errors in vision
Pungent odors: perfumes, smoke, organic solvents
Fluorescent lighting and bright sunlight

DIET RECOMMENDATIONS FOR THE HEADACHE PATIENT

Certain common food components, such as nitrites, sulfites, caffeine, and specific amino acids can trigger migraine headaches.

Try avoiding the following foods:

Ripened cheeses (Cheddar, Emmenthaler, Gruyere, Stilton, Brie and Camembert)
Cheeses permissible: American, Cottage, Cream and Velveeta
Herring, smoked fish
Chocolate
Vinegar (except white vinegar)
Anything fermented, pickled or marinated
Sour cream, yogurt
Nuts, peanut butter
Hot fresh breads, raised coffeecakes and doughnuts, wheat
Pods of broad beans (lima, navy, peapods)
Foods containing large amounts of monosodium glutamate (MSG), such as Chinese food and many snack foods
Onions, tomatoes
Canned figs
Citrus foods (no more than one orange per day)
Bananas (no more than one half per day)
Pizza
Pork (no more than 2-3 times per week)
Excessive tea, coffee, cola beverages (try to use caffeine-free beverages)
Avocado
Fermented sausage and cured meats (such as bologna, salami, pepperoni, hot dogs, bacon & ham), chicken livers
Alcohol, especially Red Wine and champagne
Nutrasweet and sugar substitutes

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Board Certified In Family Medicine

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